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WARM UP WITH BREAKFAST

EIGHT DIFFERENT RECIPES THAT PAIR OATS WITH AN ARRAY OF DELICIOUS INGREDIENTS PAGE 8

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Premier Greg Selinger watches as Finance Minister Stan Struthers tables the 2012-13 budget at the Manitoba legislature in April of 2012.
JOHN WOODS/THE CANADIAN PRESS FILE

NDP popularity down, deficit up

$580 million. The government sees debt balloon $120 million more than predicted

Manitoba's NDP government posted a $580-million deficit in the last fiscal year — $120 million more than it initially predicted — according to the final numbers for 2012-13 released Monday.

Despite the extra red ink, Finance Minister Stan Struthers said he can still eliminate the deficit by 2016-17, a deadline that has already been pushed back once.

"Every year, we work to reduce the deficit ... understanding that the key to this is to have our economy growing and continuing to invest in flood protection and schools and hospitals and roads and bridges."

The Opposition Progressive Conservatives said the numbers show the government has been unable to wrestle the deficit down despite having new money from tax hikes and user fee increases.

Premier gets low rating

- Greg Selinger has the second worst approval rating among Canadian premiers, according to a poll released Monday. The Angus Reid Global poll showed Selinger's approval rating sits at 25 per cent, just five points ahead of last place finisher, Newfoundland Premier Kathy Dunderdale.

"The NDP levied on Manitoba families and business the largest tax hike in 25 years in 2012, but got no closer to balancing the books of the province," the Tories said in a release.

The public accounts report released Monday shows the government took in slightly less money from taxes and fees than expected, and slightly more than expected from federal transfer payments.

Overall spending was about two per cent higher than budgeted.

THE CANADIAN PRESS

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NEWS 1

Kathrine's #winnipegselfie

Kathrine McGee posted this selfie of herself heading to the Aboriginal Centre of Winnipeg on Monday. What's your #winnipegselfie? Take a selfie, upload it to Instagram or Twitter with the hashtag #winnipegselfie, and then see if your pic is picked to run in Metro. COURTESY KATHRINE MCGEE

Youth sports. More cash coming for deaf athletes

Manitoba will set aside up to $40,000 a year to help deaf children participating in amateur sport communicate with their teammates, coaches and game officials following a human-rights complaint.

Two parents of deaf children initially approached the Manitoba Human Rights Commission complaining that lack of money for sign-language services made it harder for some deaf children to participate in sports. The parents said the lack of interpretive services meant their children couldn't participate fully in sports, develop leadership skills or have the same advantages as their peers.

All parties agreed to mediation through the commission and came up with a solution. While some funding is already provided through the Manitoba Deaf Sport Association, the province will now spend up to $40,000 a year specifically for interpretation services to help young athletes communicate with their coaches and game officials. THE CANADIAN PRESS

Report sees chance for downtown grocery

CentreVenture. Study notes there's room for a 10,000-sq.-ft. store despite other options in the city's core

A report commissioned by CentreVenture says there is opportunity for a grocery store downtown, but adds the core isn't completely bereft of grocery options.

Tom Janzen of CentreVenture tabled a feasibility study on grocery-store opportunities in downtown Winnipeg for the city's downtown development committee Monday. The report says the downtown is still well-served thanks to 100,000 square feet of retail food space, including places like Giant Tiger, Young's and smaller independent convenience stores.

"I don't do my shopping at 7-Eleven or Giant Tiger," said Coun. Jenny Gerbasi. "I want healthy food.... You go to other cities, there's organic foods, there's healthy foods — that's what people want."

Coun. Jenny Gerbasi speaks to media after a downtown development committee meeting on Monday. ELISHA DACEY/METRO

Janzen said the effect of losing three grocery stores, especially the Zellers downtown, was keenly felt, especially among seniors in the area.

The report, authored by former downtown grocer and real-estate agent Peter Kaufman, says there is still an opportunity for a full-serve grocery store about 10,000 square feet in size.

"(The report says the best place for the store) is around the Donald-York, Donald-St. Mary area, but notes that this is already served by the Fredette's (Family Foods)," said Janzen. "The second most optimal place is around the Portage-Colony, Portage-Vaughn area," which is near where the Zellers grocery store was.

Holding back grocery stores in the downtown are high start-up costs (about $2 million for a 10,000-square-foot store) low profit margins (grocery stores make about three per cent profit) and higher rents in the downtown, the report states.

Janzen said CentreVenture is "aggressively" pursuing a store location for the downtown area, but even if they were ready to go today, it would be 18 months before the store would be operational. The committee asked CentreVenture to report back in two months with updates. ELISHA DACEY/METRO

Izzy Asper

Waterfront renaming gets committee's OK

A section of Waterfront Drive could be renamed Izzy Asper Way after the late media mogul.

The downtown development committee unanimously recommended that the section of street in front of the Canadian Museum of Human Rights be renamed after Asper.

The recommendation will now go before council. METRO

Distinction

'Body-rub parlours' preferred over 'massage parlours'

The Massage Therapy Association of Manitoba is relieved after the downtown development committee recommended the name "massage parlours" be changed to "body-rub parlours" in order to clarify to consumers the difference between the two.

Executive director George Fraser told the committee that massage parlours employing untrained workers create a negative image for licensed, trained massage therapists. METRO

Hitched

Wedding bells ring for councillor

Jeff Browaty METRO FILE

Sorry ladies, but Coun. Jeff Browaty is off the market. The North Kildonan councillor got married this weekend. Congratulations! METRO

Report

Liberals want improvements to child welfare

Manitoba Liberals are calling for major changes to the province's child-welfare system, including more supports for troubled families.

Liberal Leader Jon Gerrard says the system is focused too much on apprehending kids and not enough on helping families before their children are taken away.

Gerrard has released a 60-page report that calls for higher housing allowances for welfare recipients.

The report also calls for better diagnosis and treatment for kids with Asperger's syndrome, fetal alcohol spectrum disorder and other conditions.

Gerrard says families should be given more government-funded support to keep their kids in the home.

He says that would cost more money upfront, but save much of the money currently spent on children who have been apprehended. THE CANADIAN PRESS

Dining

Nutrition info coming to chains

Some Manitoba restaurants will soon be giving customers a better idea as to what they're eating.

The provincial government and a handful of restaurant chains are launching a voluntary program, which will see the amount of calories, sodium, fat and other information posted for all to see.

Subway and Boston Pizza are already part of the program, and the government hopes more restaurants will come on board.

The program, called Informed Dining, is based on a similar system in British Columbia. THE CANADIAN PRESS

St. Vital

Fatal shooting victim identified

Winnipeg police have identified the man shot and killed in St. Vital Sunday.

Justin Stewart Latinecz, 22, died in hospital after he and another man were shot near Essex Avenue and St. Mary's Road shortly after 4 a.m.

The other victim is listed in stable condition. METRO

Thawing relations. Baird warns United Nations of Iranian 'charm' offensive

Foreign Affairs Minister John Baird warned the United Nations General Assembly on Monday to avoid being taken in by any Iranian charm offensives.

Baird evoked the memory of the failed appeasement of Nazi Germany in the year before the Second World War as he urged the gathered members in the UN chamber to tread carefully when taking Iran at its word.

He also spoke of the need to end the human-rights violations against girls and women, describing forced marriage as rape, and calling several times for the "human family" to unite to end violence against women.

On Iran, Baird was addressing an apparent thaw in the three decades of strained relations between the United States and Iran after President Barack Obama spoke by phone with his Iranian counterpart Hassan Rouhani last week.

Iranian President Hassan Rouhani
THE ASSOCIATED PRESS FILE

It was the first conversation between the leaders of the two countries since the 1979 siege of the U.S. embassy in Tehran.

THE CANADIAN PRESS

Saudi Arabia. Doctor rejects claim that driving affects woman's ovaries

A Saudi doctor has gone on-air to dismiss claims made by a well-known cleric who caused a stir when he said medical studies show driving affects a woman's ovaries.

In comments aired over the weekend by the privately owned Rotana channel, gynecologist Mohammed Baknah says scientific studies have not proven that driving has adverse effects on women's reproductive health.

He was addressing remarks by Sheik Saleh Saad el-Leheidan who said that women who drive suffer from having the pelvis forced upward. His remarks were published Saturday in an interview with the website el-Sabq.

Defying driving ban

- Hardline clerics have opposed a campaign scheduled for Oct. 26 calling on women to drive in defiance of a ban in the ultraconservative kingdom.

THE ASSOCIATED PRESS

Funding squabble fuels fears in Washington

'Obamacare' at core of dispute. Nation's stock market drops as fears spread over partial government shutdown

Republican unity showed unmistakable signs of fraying Monday as the U.S. Senate swatted aside the latest tea-party-driven demand to delay the nation's health-care overhaul in exchange for averting a partial government shutdown at midnight.

Even in advance of the 54-46 party-line Senate vote, the stock market dropped as fears spread that the first shutdown in 17 years would inconvenience millions and harm the economy.

Ironically, the issue at the core of the dispute, implementation of key parts of "Obamacare," will begin Tuesday on schedule, shutdown or no.

As lawmakers squabbled, President Barack Obama urged them instead to "act responsibly and do what's right for the American people."

At the White House, he said he was willing to discuss long-term budget issues with members of Congress, and expected to soon. But, he added, "the only way to do that is for everybody to sit down in good faith without threatening to harm women and veterans and children with a government shutdown."

Obama's Democratic allies prevailed easily in the Senate on a vote to reject the latest House-passed bill, a measure that would delay the new health-care law for a year and repeal a tax on medical devices that helps pay for the program.

Anticipating their legislation would be rejected, House Republican leaders met in Speaker John Boehner's office to plan their next move.

Officials said that even though time was running short, they were expecting at least one more attempt to squeeze a concession from the White House, likely a demand to force a one-year delay in the requirement for individuals to purchase health coverage or face financial penalties.

Any shutdown would cause an uneven impact across the face of government, inconveniencing millions.

THE ASSOCIATED PRESS

The morning sun illuminates the U.S. Capitol in Washington on Monday, as the government teetered on the brink of a partial shutdown unless Congress could reach an agreement on funding. The core of the dispute is the nation's health-care overhaul. SCOTT APPLEWHITE/THE ASSOCIATED PRESS

More interns on the way?

'Essential' workers to stay on job

In 1995, with American lawmakers having failed to agree on a budget, the government shut down. As a result, President Bill Clinton found himself surrounded by interns in the White House, as regular staff had to stay home. That's how Clinton met Monica Lewinsky.

Now, 18 years later, the U.S. government faces another shutdown. It needs a loan to keep paying its bills, but Republicans will only agree to letting it borrow more money if Democrats agree to reduce Obamacare, President Obama's national health-care system.

A shutdown means employees will be furloughed — forced to stay home without pay — and only essential services will be performed.

ELISABETH BRAW/METRO WORLD NEWS

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Weekly Transit News Update

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Metro editor releases new book on Road to the NHL

A must read! Philip Croucher of Metro Halifax tells 25 stories of Maritimers making it all the way up the long and winding road

DAVE LANGFORD
dave.langford@metronews.ca

The Road to the NHL takes many different twists and turns for players seeking their first glimpse of the sights and sounds of a National Hockey League arena.

None was more difficult than the path taken by Fredericton's Willie O'Ree.

More than 10 years after Jackie Robinson broke the colour barrier in major league baseball, O'Ree had the same distinction in the National Hockey League.

The date was Jan. 18, 1958, and O'Ree was a Boston Bruins' farmhand called up from the Quebec Aces for his first game. The site was the old Montreal Forum and there was little fanfare.

"I didn't know what I had done until I read the papers. It was the media that gave me the name 'the Jackie Robinson of hockey.'"

The story is one of the favourites in a new book written by Metro Halifax managing editor Philip Croucher titled Road to the NHL: The incredible stories of 25 Maritimers making it to The Show.

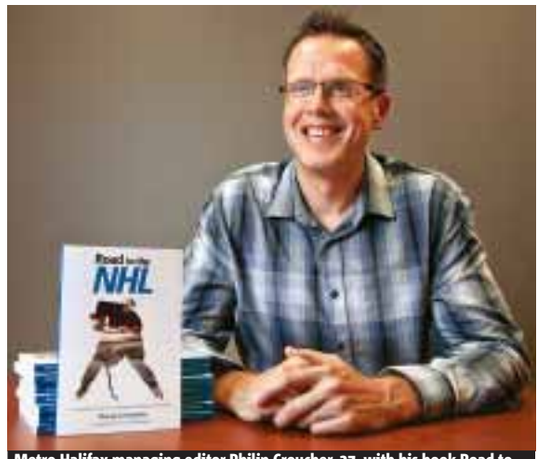
Croucher said the book, which deals with the players' path to the NHL and not the events that happened once they got there, was not meant to identify the best players the three Atlantic provinces had to offer. He had no interest in a popularity contest.

"I just wanted to celebrate 25 players and the road they took," he said.

"There are stars, there are role players, there are today's players and there are yesterday's players. So I think there is a nice mix for everybody."

The players profiled

1. **Nova Scotia.** Eric Boulton, Sidney Crosby, Norm Ferguson, Lowell MacDonald, Al MacInnis, Paul MacLean, Brad Marchand, Mike McPhee, Glen Murray, Jody Shelley, Colin White.
2. **New Brunswick.** Mike Eagles, Danny Grant, Randy Jones, Rollie Melanson, Willie O'Ree, Scott Pellerin, Don Sweeney.
3. **Prince Edward Island.** Gerard Gallant, Forbes Kennedy, Al MacAdam, Billy MacMillan, Bobby MacMillan, Adam McQuaid, Brad Richards.



Metro Halifax managing editor Philip Croucher, 37, with his book Road to the NHL. JEFF HARPER/METRO IN HALIFAX

Renewable energy

Ikea to sell solar panels in U.K.

Ikea will sell residential solar panels at its stores in Britain, the first step in its plan to bring renewable energy to the mainstream market worldwide. A standard, all-black 3.36-kilowatt system for a semi-detached home will cost about $9,500 and will include an in-store design service as well as installation, maintenance and an energy monitoring service. THE ASSOCIATED PRESS

Market Minute

DOLLAR
97.06¢ (unchanged)

TSX
12,787.19 (-56.89)

OIL
$102.33 US (-54¢)

GOLD
$1,327 US (-$12.20)

Natural gas: $3.56 US (-3¢)
Dow Jones: 15,129.67 (-128.57)

Inflight services offer a taste of the good life — for a fee

Airlines in the U.S. are introducing a new bevy of fees, but this time passengers might actually like them.

Unlike the first generation of charges which dinged fliers for once-free services like checking a bag, these new fees promise a taste of the good life, or at least a more civil flight.

Extra legroom, early boarding and access to quiet lounges were just the beginning. Airlines are now renting Apple iPads preloaded with movies, selling hot first-class meals in coach and letting passengers pay to have an empty seat next to them. Once on the ground, they can skip baggage claim, having their luggage delivered directly to their home or office.

In the near future, airlines plan to go one step further, using massive amounts of personal data to customize new offers for each flier.

"We've moved from takeaways to enhancements," says John F. Thomas of L.E.K. Consulting. "It's all about personalizing the travel experience."

Carriers have struggled to raise airfares enough to cover costs. Fees bring in more than $15 billion US a year and are the reason the airlines are profitable. But the amount of money coming in from older charges like baggage and reservation change fees has plateaued. So the airlines are selling new extras and copying marketing methods honed by retailers. THE ASSOCIATED PRESS

Passengers check in their luggage at the Delta counter at Hartsfield-Jackson Atlanta International Airport on Friday. Delta customers have a new option to purchase an upgrade that includes a second bag to check, amongst other perks. JOHN AMIS/THE ASSOCIATED PRESS

SPOILER ALERT: I'M A NETFLIX CHEATER

SHE SAYS
Jessica Napier
metronews.ca

I'm in a loving and happy relationship but I have to admit that lately I have a problem with cheating. I do it late at night, usually during the week and so far I've never been caught.

Before you get the wrong idea, I should point out that my specific brand of infidelity involves a television remote and an insatiable appetite for 50-minute dramas. I'm of course talking about Netflix cheating.

Like any good North American couple burdened with a mortgage that restricts discretionary spending, television is a popular pastime in our household. Over the years we've developed a roster of programs that are "ours" and we have vowed to always enjoy these shows together… well, in theory.

The problem is that Netflix has changed the way people watch television; with multi-season streaming available at our fingertips, viewers no longer have to wait a week between episodes or suffer through summers full of reruns. Online on-demand services make it possible for us to watch hundreds of thousands of hours of programming virtually whenever and wherever we want.

And when every episode ends on a cliff-hanger and the next show begins to play automatically, it's hard for greedy consumers to switch off. If I was crafty enough to figure out how to access the far superior American version of Netflix I might never actually leave the house.

My insatiable appetite for high-quality programming means that sometimes I find myself watching our shared shows even when my viewing partner is out for the night. And as much as I hate to admit it, I've gotten pretty good at deceiving him. I can fake a convincing surprised expression when major plot twists are revealed and I've learned how to reset the account in order to erase the evidence of my digital betrayal.

Sure I may be weak and disloyal, but at least I'm not alone in my shame. Earlier this year, Netflix conducted a survey among its American customers as part of a promotional campaign. Their poll revealed that over 50 per cent of couples have considered cheating on their significant other by streaming a television program that they'd promised to watch together. Now I'm well aware that fighting over your television viewing habits is right up there on the list of privileged people problems alongside your local Starbucks running out of pumpkin spice latte syrup. Still, that doesn't mean I feel any less guilty about my indiscretions.

What we watch when our partner is not watching

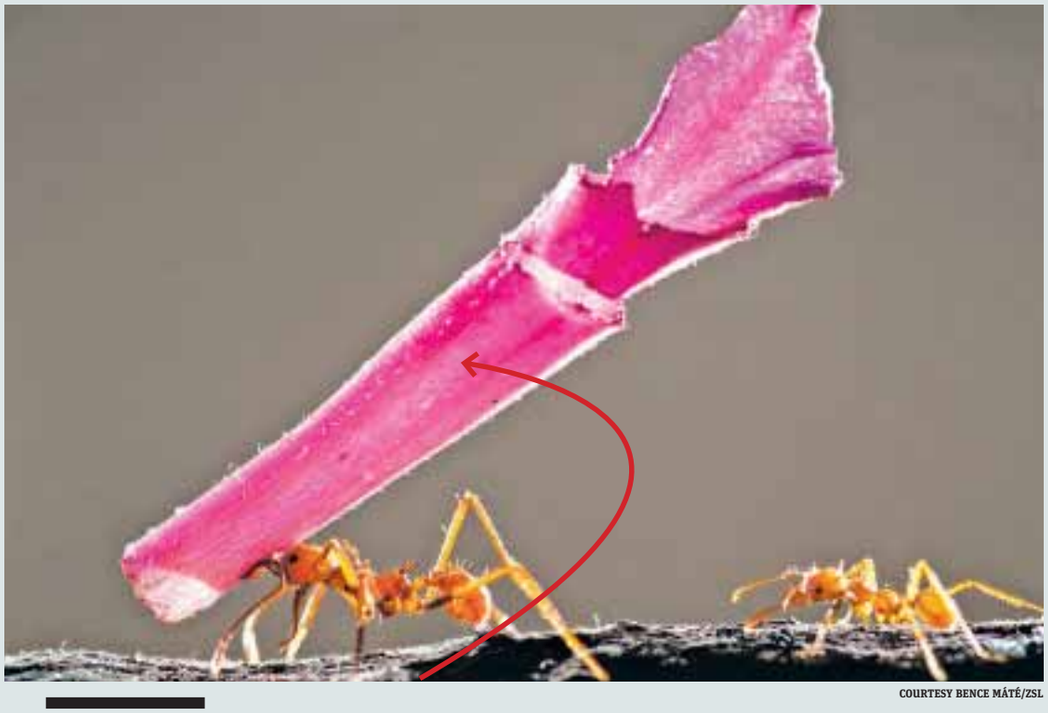
My insatiable appetite for high-quality programming means that sometimes I find myself watching our shared shows even when my viewing partner is out for the night.

So consider this column a public admission of my infidelity and a pledge to make a change. From now on I promise to try and remain faithful to the sacred union between a couple and their big screen…just after I finish watching episode four of House of Cards.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

That other ant is going to look pretty lame when it comes back with nothing



COURTESY BENCE MÁTÉ/ZSL

Herculean ant pic wins top award

A tiny leafcutter ant demonstrating its immense strength is among the winning images from this year's Zoological Society of London's (ZSL) Animal Photography competition. Bence Máté, from Szeged, Hungary, shot this vibrant picture at the Laguna de Lagarto rainforest lodge, near Boca Tapada in northern Costa Rica. METRO

Two of the all-time best ant facts

50
times their own body weight is what an ant is capable of carrying.

30,000
eggs is what each queen leafcutter ant lays each day.

Clickbait

HANNAH ZITNER
hannah.zitner@metronews.ca

For the Breaking Bad PVR set, turning on your computer (or leaving your house) can be terrifying. While we can't help what your local barista discloses, we can tell you how to create your own world wide web free of unwanted spoilers, pop stars and advertisements.

PHOTO ILLUSTRATION/METRO

Spoiler Shield
This free iDevice app let's you cruise Facebook, Twitter spoiler-free the day after missing your favourite TV series, sports game, reality show.

No Cyrus:
Though the Miley Cyrus stir is slowly starting to stop, for those who have absolutely reached their limits with the Disney wreck, there's an app. The No Cyrus Chrome plug-in filters out all mentions of the teen formerly known as Hannah Montana.

Adblock Plus
Among the most popular of the adblock programs, Adblock Plus not only blocks ads, but also can be used to block tracking and malware. Best of all, it's free.

Twitter

@metropicks asked: The Toronto Raptors to get a rebrand as international hiphop superstar Drake takes over as the struggling basketball team's global ambassador. How can Drake make the team cool again?

Hopefully Drizzy looks good in purple.
@rebverb

Get them to win.
@ruggles79

Well they're basically starting from the bottom, so...
@DizzleDaKing

Follow @metropicks to answer our poll question. Best answers published right here.

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Don't dissolve a body in a bathtub, and other lessons

Breaking Bad. With the exciting finale of the dark, ultra-popular show behind us, we list the top 10 things to be learned from Walt's world

Meth cook/science maestro Walter White laundering money in the pilot episode of Breaking Bad. AP PHOTO/AMC

Sunday's Breaking Bad turned out the lights on one of the darkest shows in television history.

Even as this drama cooked up storylines that celebrated evil and depravity, Breaking Bad gleamed with a bright side, too. There were plenty of positive messages for the viewer who acknowledged them during the series' five-season run.

Here are 10 lessons Breaking Bad leaves behind:

1) Stay in school and study hard!
As Walter White demonstrated after he ditched teaching for producing crystal meth, you can make millions from a subject like chemistry that far too many youngsters (including Mr. White's bored students) find annoying and useless. Walt (a.k.a drug lord Heisenberg) proved otherwise with his storage shed of money.

2) Chemistry has everyday applications.
The next time you dispose of a corpse with hydrofluoric acid, all you devoted Breaking Bad viewers will know not to dissolve the body in a bathtub, but instead in a plastic container. You learned this valuable tip in season one, when Walt's lab assistant Jesse Pinkman disregarded his instructions and regretted it. The acid memorably dissolved through the bathtub and floor at Jesse's house, leaving a bloody mess in the hallway downstairs. You won't make that mistake.

3) Family is oh, so important.
Breaking Bad reminds you that entering the drug trade and messing with the wrong people in it can lead to your wife and teenage son despising you. It can also lead to your brother-in-law getting brutally murdered. You would hate that if it happened.

4) Build a better mousetrap.
Steve Jobs knew it. Jeff Bezos knows it. Walt White serves as a mythical champion of their kind of acumen: Offer a better product with an obvious advantage, and the world (or, anyway, addicts who loved Walt's super-potent "blue sky" crystal meth) will beat a path to your door.

5) Need a lift? Try a personal makeover.
If you're stuck in a rut, like Walter White at the start of Breaking Bad, consider a new look. Shave your head, grow a tidy, I-mean-business beard and fit yourself with a black pork pie hat. Then come up with a new name. Like Heisenberg. In your new identity, people will fear you and you're sure to go far.

6) Keep your personal vehicles, especially your RV, in good running order.
A regular checkup to keep Walt's rolling meth lab in tip-top shape would have spared him and Jesse inconvenience, not to mention mortal danger.

7) Keep a shrewd lawyer on call, especially if you mean to routinely break the law.
Sure, he may be a sleazebag and a shameless self-promoter. But a lawyer like Saul Goodman ("Better call Saul!") is worth his weight in hundred-dollar bills to a client like Walter White, whom he represented faithfully, if more than often sarcastically. With his mastery of trade practices — legal and illegal — Saul was the most impressive TV lawyer since Perry Mason.

8) Like it or hate it, Obamacare in the U.S. might cut down on illegal drug trade (at least on TV).
If financially strapped schoolteacher Walt White had had better health care when he got his cancer diagnosis, maybe he wouldn't have begun cooking meth to help cover his expenses. Meanwhile, his long-term problem — leaving his family provided for after his death — might have been a non-issue had teachers in his district been better paid. On the other hand, if Walt had found himself in less of a jam, there would have been no Breaking Bad.

9) Finish what you start.
It's never good to leave hanging important tasks. Walt is a shining example of a guy determined to tie up loose ends. That was part of why the Breaking Bad finale was so good.

10) Follow your bliss (and be willing to forge a different path getting there).
Walter White discovered this lesson. Vince Gilligan demonstrated its wisdom in real life by creating Breaking Bad, a radically different series. So did AMC execs by airing what turned out to be perhaps the best drama of all time. How many other networks are willing to learn?

THE ASSOCIATED PRESS

Williams' sitcom outdraws Fox

Television. The Crazy Ones debuts with 15.2 million viewers and leaves Michael J. Fox show trailing in return of sitcom veterans

Robin Williams has early bragging rights over Michael J. Fox in the competition between two sitcom veterans returning to network TV — with an asterisk.

The Nielsen company said Friday that Williams' new CBS comedy, The Crazy Ones, debuted before 15.6 million people on Thursday night. It competed directly at 9 p.m. Eastern with The Michael J. Fox on NBC, which was seen by 7.2 million people.

Williams, who plays an advertising executive working in a firm with his daughter, had a huge advantage.

His new sitcom directly followed a new episode of television's most popular comedy, The Big Bang Theory, which was seen by 19.5 million people in the second of a two-part season premiere.

By contrast, the second half hour of Parks & Recreation on NBC, which preceded Fox's new show, had less than 3 million viewers.

CBS succeeded in getting people to sample Williams' new show by scheduling the extra Big Bang episode.

Moving forward, however, The Crazy Ones will be preceded by another new show, The Millers, on the CBS schedule.

"I really think you have to sit and wait to see what happens," said Brad Adgate, researcher for Horizon Media.

THE ASSOCIATED PRESS

Michael J. Fox. CONTRIBUTED

Kirstie Alley tweets her support for Scientology

The Church of Scientology has at least one defender during the current wave of criticism it's receiving. Kirstie Alley took to Twitter to sound off after ex-Scientologist Leah Remini spoke out against the Church on Dancing with the Stars, writing, "This is one of those days when I might just retaliate with the truth. Mean people keep us fuelled."

But she might not be coming to anyone's aid online for very long: "Won't be tweeting much in the near future," Alley posted.

"Going to strand myself on an island and turn myself into a goddess. … Shut up!" We'll see how long that lasts.

Geimer forgives Polanski in new memoir

Roman Polanski

While many still want Roman Polanski brought to justice for allegedly drugging and raping Samantha Geimer when she was 13 years old, Geimer herself says in a new memoir, the Girl, that she's forgiven him. "As different as our lives have been, we do share a common sense of battle fatigue when it comes to the court system and the media," she writes. "We've both been punished. We both want to move on. We both might be considered victims." And she insists her forgiving Polanski was the right thing to do: "If you go through your life carrying hate in your heart, you really only hurt yourself," she writes. "I didn't forgive him for him, I did it for me."

Katy Perry. ALL PHOTOS: GETTY IMAGES

Want to know Katy Perry's inner thoughts? It's all in her music

Katy Perry went through some pretty dark times following her split from ex-husband Russell Brand, writing one of her new songs, By the Grace of God, about the time she found herself on the bathroom floor considering suicide, she tells Billboard magazine. "That song is evident of how tough it really was at a certain point," she says. "I asked myself, 'Do I want to endure? Should I consider living?' All the songs are real-life moments. I can only write autobiographically. I put all the evidence in the music. I tell my fans if they want to know the real truth about stuff, just listen to the songs."

Miley Cyrus

Miley's like the Pixies, but with more tongue

While everyone else is obsessing over her awards show antics and the breakup of her engagement, Miley Cyrus is worried about her legacy. "There are albums that people still are listening to, like Michael Jackson's Bad, because it's so f—ing dope. I want people to listen to my album like that," she tells Rolling Stone. "From the time I was 16 until I was 18, the Pixies is all I listened to. And I'm going to be that artist to so many people, so I want to make sure my record is the best it can be. I'm trying to set a new standard for pop music."

Twitter

@RedHourBen
I can't believe it's gone.

@WhitneyCummings
Watching the Breaking Bad finale without having seen any of the series. I have some questions

@TheRealRoseanne
May it please ascended masters to aid me 2 reverse the decree against the ppl

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Girls just wanna have fun

MELINDA TAUB
Metro World News in New York

If I were a religious person, this might be my holy trinity of lady comedy: Lena Dunham, indie darling; Mindy Kaling, taking the broadcast mainstream by storm; and Tina Fey, overlord comedy queen supreme. On Saturday night, all three of them came together.

Well, sort of. Lena and Mindy came together in L.A. to watch the Saturday Night Live premiere, and Tina Fey came together with herself to make fun of Lena.

The 30 Rock star appeared in a spoof of Dunham's HBO show Girls, playing Blerta, a new Albanian roommate horrified by how spoiled these rich American girls are. It's pretty funny (and possibly also a nod to former SNL writer Simon Rich, whose novella in the New Yorker had a similar premise). Luckily, Dunham wasn't offended: Mindy Project star Kaling posted a pic on Instagram of her enjoying the sketch. "Original Girl enjoying Blerta on #snl's Girls at my house," she wrote.

"The SNL parody of Girls was a true honour," Lena later tweeted. "Very excited about the current lineup of SNL ladies. They are funny like whoa." Agreed. Especially new girl Noel Wells, who does a spot-on Lena impression.

manitoba seniors music festival 2013

12 UNIQUE CONCERTS
33 UNIQUE ARTISTS

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12 Concerts in October — Seniors Month

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Ray St. Germain O.M. 2013
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Another Opening, Another Show
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402 Squadron Pipes & Drums
Eastside Jazz Band
Tue., 8 Oct. 2013 at 7 pm $10

Music in My Heart
Chamber Orchestra of St. John's College
Sweet Adelines – Assiniboine Show Chorus
The Sound of Music Sing-a-long
Tue., 15 Oct. 2013 at 7 pm $10

The Words and Music
Branch 252 Legion Veterans Band
Winnipeg Golden Chordsmen Chorus
Westside Jazz Band
Wed., 16 Oct. 2013 at 7 pm $10

Piano, Violin, Clarinet & Friends
Valerie Pearson & Friends
Ken Peters & Friends
The Murray Riddell Big Band
Sat., 19 Oct. 2013 at 7 pm $10

With a Song on My Lips
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Winnipeg Male Chorus
Dixie Beats Dixieland Band
Mon., 21 Oct. 2013 at 7 pm $10

Celebration of Seniors
Army, Navy & Air Force Bands Salute Seniors
Royal Winnipeg Rifles, HMCS Chippawa
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www.manitobaseniorsmusicfestival.ca

Elisha Dacey

Half Off: Eating your stress

Metro Winnipeg editor Elisha Dacey has teamed up with fitness professional Jordan Cieciwa and registered nutritionist Theresa Albert. Dacey wants to lose half of her body weight and has been writing about it in her online blog, Half Off (metronews.ca/half-off/).

With an unexpected gallbladder surgery a few weeks ago and moving to a new house last week, Dacey has been seriously stressed.

"There was no food in the house, and everything was packed along with my exercise equipment and scale — I couldn't even weigh myself," she said.

But Dacey's determined to not gain weight.

What did the experts advise?

Albert offered tips on how to make healthy fast food choices.

"When we went to Papa Murphys Take 'N' Bake Pizza, our favourite pizza place, we ordered the thin-crust pizza," says Dacey.

Cieciwa also asked Elisha to try to fit in a few fitness walks between unpacking — and to shine up her weights when she unpacked them and get ready to start the program again.

YLVA VAN BUUREN/FOR METRO

Oatmeal: The return of eight power combos

Food choices. The hot breakfast is back — we'll soon be hitting low temperatures, so it's OK for us to live off oats. We share our top combinations

ROMINA McGUINNESS
wellness@metronews.ca

Skipping breakfast isn't going to make you skinny.

Dietician Patricia Bannan, author of Eat Right When Time is Tight, tells Metro that it is essential.

"You've been fasting for at least eight hours, so you need to eat within two hours in order to boost your metabolism, stabilize blood sugar levels, and improve your mood," she explains.

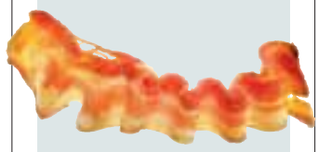
"A good rule of thumb is that a breakfast should be at least 200 calories and contain some protein and fibre for sustained energy."

So, because we love oatmeal and we hope we've convinced you to eat up in the morning, we've teamed up with Bannan and came up with eight awesome recipes that will make you want to enjoy it.

Just not too much of it — hence the portion sizes. You can make your oatmeal with either water or milk (rice, almond, cow) or half milk and half water.

200 grams cooked oatmeal
1 tbsp almond butter
1/4 sliced banana
1 tbsp chocolate chips

200 grams cooked oatmeal
1 tbsp maple syrup
1 strip chopped bacon
cinnamon to taste



200 grams cooked oatmeal
1/5 chopped avocado
2 tsp olive oil
1 fried egg
30 grams smoked salmon

200 grams cooked oatmeal
1 tbsp cardamom
1/2 cup berry compote
1/4 cup dried chopped cherries
1 tbsp walnuts

200 grams cooked oatmeal
1/2 chopped apple
2 tbsp toasted almonds
cinnamon & brown sugar to taste

200 grams cooked oatmeal
2 tbsp chopped pistachios
2 tbsp chopped figs
brown sugar to taste

200 grams cooked oatmeal
1/4 cup vanilla yogurt
1/2 chopped peach
2 tbsp chopped glazed pecans
cinnamon to taste

200 grams cooked oatmeal
1 tbsp miso paste
1 tbsp butter
2 tbsp toasted walnuts
1 shaved radish

Hockey. Crosby's trainer provides tips to get ready for the season

Planning to lace up and hit the ice after a summer spent doing next-to-nothing? Andy O'Brien, Sidney Crosby's personal trainer and ambassador for the new Reebok Sidney Crosby SC87 Collection, gives us his five tips to get ready for ice time.

Tip #1
Learn to warm up and prepare thoroughly before going on the ice. A thorough warm up will make you play better and reduce injuries, but it will improve the way your body improves week after week.

Tip #2
Aim for gluten-free, starchy carbs on the day of a game. Many of the traditional pastas are rich in gluten, which has negative consequences on the immune and central nervous systems. Go with brown rice pastas, quinoa, wild rice and buckwheat and cook your grains thoroughly.

Tip #3
Mix in some standing bike sprints. Seated biking is generally a poor choice for aerobic conditioning because of its biomechanical impact at the hip. But standing bike sprints allows the hip to extend and the glutes and quads to contract more similar to skating.

Tip #4
Get low in your exercises. The key to playmaking with speed and power is getting low and staying low. Perform more exercises that require maintaining a low position, and less of the traditional vertical movements.

Tip #5
Work on ankle and hip flexibility. These are two of the most important performance variables. Getting into a strong position requires flexibility. Flexibility is not just for ballerinas; it's for elite athletes too. METRO

Battling cancer one foot at a time

Another mountain to climb. For three breast-cancer survivors, a trek to Machu Picchu not only raised $65K, but proved they could find their inner strength

VAWN HIMMELSBACH
life@metronews.ca

Ain't no mountain high enough: Three breast-cancer survivors joined a group of Canadians who trekked to Machu Picchu as part of a fundraising challenge. The expedition raised more than $65,000 for breast-cancer research, but it also pushed these women to once again find their inner strength. CONTRIBUTED

Trekking the Andes in Peru to the fabled Machu Picchu isn't for the faint of heart. Steep climbs of up to 15,000 feet and camping in the cold would put anyone to the test.

But there's a reason why it's one of the most popular treks in the world: Winding your way through lush cloud forest past dramatic snow-capped peaks to reach the Lost City of the Incas is, for many, the experience of a lifetime. It's more than a trek — it's a pilgrimage.

And for three women who survived breast cancer, it was a pilgrimage more personal than most. Last May, they joined a group of Canadians who trekked through the Lares Valley to Machu Picchu as part of a fundraising challenge organized by Charity Challenge and supported by the Canadian Breast Cancer Foundation (CBCF).

The expedition raised more than $65,000 for breast-cancer research, but it also pushed these women to once again find their inner strength when faced with another mountain to climb.

Robin Ferguson

62-year-old Robin Ferguson was diagnosed with breast cancer in March 2005. At the time, she was training for her third marathon.

Ferguson decided to have a mastectomy. In May of that same year, she walked a half-marathon. By January 2006, she was running marathons again.

With two daughters and four sisters (one of whom has also survived breast cancer), Ferguson makes a point to perform fundraising each year, including Run for the Cure. But seeing Machu Picchu had always been on her bucket list, so when the opportunity arose to participate in Charity Challenge, she jumped at the chance.

One of her sisters joined her on the trek and provided support during the tough parts. And the toughest part was climbing the stairs at the hotel the day she arrived in Cusco, Peru — when she was hit by the effects of the altitude and questioned her ability to do the trek.

"You think, 'I can't breathe; can I make the mountain if I can't manage the stairs?' I never expected that," Ferguson said.

Despite the challenges, she had several aha moments along the way — such as re-discovering her inner strength. "It ended up being more spiritual than I expected it to be," she said. "Our guide was a spiritual soul who believed in the power of nature and the mountains."

For Ferguson, nothing was comparable to the feeling of accomplishment after ascending 15,000 feet, reaching the Sun Gates and looking out at Machu Picchu — something, she says, most people only dream about.

Mary Ann Empson

For Mary Ann Empson, 60, the Alores Valley was a spiritual place — which she wasn't expecting. "I don't normally say that about things," she said. "It was actually quite overwhelming when we reached the Sun Gates. It's such a beautiful spot."

Empson was diagnosed with breast cancer in 1996. She then went through the whole gamut — radiation, chemo and surgery — over a year.

"It gives you a bit of a reality check," she said.

While she wasn't overweight, Empson was a self-described couch potato. "I started running and really turned my life around," she said.

Empson, now retired from the University of Alberta's faculty of law, participated in another fundraiser, which involved climbing Mount Kilimanjaro in Tanzania — but Machu Picchu was always on her bucket list.

"Sometimes something presents itself and you realize this was meant to be," she said.

Despite that, she wasn't exactly comfortable getting out of her comfort zone. "It was tough, climbing in and out of that little tent at the end of a long day, no long showers … not having your Starbucks coffee; things we take for granted that all of a sudden are gone."

The peace and serenity of her surroundings, interacting with the locals she met along the way and the support of the group got her through those tough parts.

The local children, in particular, captivated her. "The children are so genuine; there's a real innocence," she said. Doing this trek — and other challenges over the years — has taught Empson perseverance.

"I know that I have more willpower and tenacity that I maybe originally thought," she said. "(You have to) dig deep, get down in there and give it all you've got."

Raziya Sachedina

Doing the trek brought up a big fear for 68-year-old Raziya Sachedina — would she be able to finish it? As part of another fundraiser, she had attempted to climb Mount Kilimanjaro, but made it only two-thirds of something to prove to herself by going on this challenge.

"It was sitting in the back of my mind … and that was what took me onto the hike," she said.

Sachedina was diagnosed with breast cancer in 1993. "When I look back now, I think of it as an opportunity to really change my life," she said.

Her treatment involved a bilateral mastectomy, chemotherapy and reconstructive surgery. The same year she finished chemo, her husband passed away. Those experiences led her on a "therapeutic adventure," which involved becoming more physically active.

That path involved fundraising for breast cancer research, including Run for the Cure. "I feel very fortunate to be alive," said Sachedina. "All of these activities with CBCF have helped me move on."

While she was determined to do the trek, the challenge for her was "the amazing number of steps you have to climb," she said. "On a practice hike before we started the actual trek, I fell. I sprained my ankle; I took the fall on my knee. But that wasn't going to hold me back."

Getting to the Sun Gates involved climbing 2,800 steps. "I had to do that on all fours and it was raining and it was slippery," said Sachedina.

It was the group that kept her going. "They cheered me on, they supported me in every way they could."

Challenge yourself!

Get off the couch and on to a challenge! Charity Challenge is offering Metro readers a $75 discount off the cost of a trip if they use "METRO" as a promotional code when booking. This offer is valid through the month of October.

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A proper breast self-examination is the key to early detection

LAURA GOLDMAN
Metro World News in New York

Dr. Marisa Weiss calls herself a dual citizen in the world of breast cancer. Weiss, a practising breast-cancer oncologist at Lankenau Medical Center near Philadelphia, is founder and president of BreastCancer.org, the world's most utilized online medical resource for breast health. Since 2010, she is also a breast-cancer survivor.

Weiss — who wrote the book Taking Care of Your "Girls": A Breast Health Guide for Girls, Teens, and In-Betweens — strongly recommends performing breast self-exams once a month several days after your period, despite some controversy about their effectiveness. She urges women to be their own best advocates.

Dr. Marisa Weiss strongly recommends performing breast self-exams once a month several days after your period.
ISTOCK

"Early detection gives you the best shot of treating the cancer," Weiss says. "Breast cancer, in the early stages, has no symptoms. It doesn't let you know it is there."

Weiss suggests beginning the breast self-exam by inspecting your breasts closely in the mirror.

"You should take notice of changes in contour, rashes, indentations, nipple discharge and if one breast is bigger than the other," says Weiss.

Then, you should examine your breast either by moving the fingers up and down, travelling from the left to the right as if mowing a lawn. Or, start at the nipple and move your fingers outward in a spiral. Examine areas close to your breasts too, from the top of the collarbone, to the armpit, to the top of the abdomen.

"Each quadrant or neighbourhood of the breast should feel differently," says Weiss. "The upper-right area, near the armpit, tends to have the most prominent lumps and bumps. The lower half of the breast feels like a sandy or pebbly beach. The area around the nipple feels like large grains and another part may feel like lumpy oatmeal."

The goal of a regular exam is to familiarize yourself with how the various neighbourhoods of your breast normally feel and look.

"Does something stand out as different from the rest (like a rock on a sandy beach)? Has anything changed? Bring any changes in your breasts that last over a full month's cycle to the attention of your doctor," says Weiss.

Why the rise?

Weiss partially attributes the recent rise in breast cancer to women having children later.

- "Breasts are not fully formed until you have a full-term pregnancy. Nature gave breasts the job of producing milk. They are immature until they get a job," explains Weiss. Until they are fully formed, breasts are more susceptible to the hormones they come in contact with.

Skip that second drink

Along with self-exams, Weiss suggests lowering your risk of alcohol consumption to reduce your risk of breast cancer.

- "It's best to reduce consumption to five or fewer drinks per week, says Weiss. "The risk of breast cancer increases with the amount of alcohol consumed."

Together with our mothers, sisters, daughters and best friends, we're working to beat breast cancer.

Theresa Oswald
MLA for Seine River
204-255-7840
TheresaOswald.ca

Erna Braun
MLA for Rossmere
204-667-7244
ErnaBraun.ca

Sharon Blady
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How to talk openly, honestly with your kids about breast cancer

ANISA ARSENAULT
Metro World News in New York

When it comes to talking to kids about cancer, parents need to allow for questions and open communication. ISTOCK

As a child psychiatrist, Dr. Lynn Bornfriend had been discussing different issues with kids for years. But her last two years at the Cancer Treatment Centers of America (CTCA) in Philadelphia brought a new struggle to light: the difficulty parents with cancer face in discussing their diagnosis with their children.

"It seemed that the parents (with cancer) had an extra burden: How do I protect my child? How do I plan for my child?" Bornfriend tells Metro. "And very quickly we became aware that this is something we have to spend more time on and come up with more resources for."

According to Bornfriend, the first hurdle is changing the outlook of parents who believe a discussion will only frighten their child. "Children are very perceptive, and they know when something is wrong, even if you're not speaking about it," she says. "So if you don't tell them what is going on, they're likely to think that it's worse than it really is, or that they're the cause of the problem."

Bornfriend's recommended course of action is honesty. "Your degree of honesty is tailored to what their developmental stage is, and their cognitive abilities," she says. Essentially, the transparency of your discussion will vary with the age of your kids.

Preschoolers need to be prepped for the physical changes they will see in a parent.

"You have to make clear to them that mommy or daddy is pretty sick," Bornfriend says. "You make them aware of some of the things they may see: mommy or daddy may be laying on the couch more. You talk to them about how you've made a choice, you're going to get treatment and you have a plan. You explain to them what it is and what it is not."

But Bornfriend warns not to get too caught up in details. "Young kids take what they can hear and then they're ready to move on," she explains. "You're ready to be explaining about chemotherapy and radiation and they're gone."

Teenagers require much more transparency. "You have to give them specific information because they're going to have specific questions and they want to know what's going on in a clear way," Bornfriend says. Additionally, emotions may run high. "There may be a very dramatic response to your news, and you sort of have to batten down the hatches. Or they're going to want their own privacy in the way they deal with things."

Your teenager may not want to talk to you. Maintaining normalcy is important, Bornfriend says. "You have to make clear to the kids that you expect that they continue to meet their responsibilities," she says. "There will continue to be consequences if they don't."

Bornfriend explains normalcy also means that kids get to be kids. "It's OK for them to have fun, it's necessary for them to have fun," she says. "School-aged kids especially are very into rules and order, and cancer treatment can be very disruptive to them because it changes. But use other people — family members, friends — so that their schedules persist."

Parents need to allow for questions and open communication. "The worst thing is when kids are trapped by themselves and alone in their minds and don't feel that they can ask a question," Bornfriend says. "We tell parents that even if tears are rolling down your face while you're having that conversation with your child, it's better than not having that conversation."

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Greasy Grilled Cheese no more

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

I love grilled cheese sandwiches but they are always laden with fat from the butter spread all over the bread, not to mention the high-fat cheeses used.

I have filled this sandwich with veggies, chicken and Monterey cheese.

Instead of butter, the outside of the bread is just sprayed with vegetable oil.

This recipe serves three. ROSE REISMAN

Ingredients

- 1 small red bell pepper, top and seeds removed and cut into 4 wedges
- 3 oz boneless skinless chicken breast
- 6 slices of bread
- 3/4 cup grated Monterey Jack or aged cheddar cheese (2 1/4 oz/65 g)
- 1/3 cup sliced avocado
- 3 tbsp chopped cilantro

Sauce

- 3 tbsp light mayonnaise
- 1 1/2 tsp chopped chipotle pepper or jalapenos

1. Sandwich: Preheat oven to 425 F (220 C). Line small baking sheet with foil sprayed with vegetable oil. Roast bell pepper until charred (about 20 minutes). Cool, then remove the skin and slice thin.

2. Meanwhile, either grill or sauté the chicken breast just until it is just no longer pink or the temperature reaches 165 F (74 C). Cool, then slice.

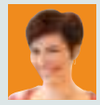
3. Sauce: Combine mayo and chipotle. Spread over bread.

4. Over 3 slices of bread, divide chicken, cheese, pepper, avocado and cilantro. Place other bread slices overtop.

5. Spray oil over outside of the sandwiches and grill in grill pan on medium heat for at least 5 minutes, turning halfway just until browned and the cheese begins to melt.

Health Solutions

Chickpeas are here to stay



NUTRI-BITES
Theresa Albert DHN, RNCP
myfriendinfood.com

Chickpeas are the new chia — the health food of the future — and with good reason. They are easily grown, full of protein and as versatile as they are delicious.

Tossed into pasta or salad right from the can or sautéed in any seasoning from Indian curry to Lebanese lemon and mint, chickpeas add fibre, minerals, protein and crunch to any meal.

Hummus is a key food in today's cart and, according to Susan Niczowski, founder of Canada's own Summer Fresh Salads, it can be used in countless more ways than simply as a dip. Think about using a variety of flavours of hummus to:

- Spread onto chicken or fish before baking.
- Thin with vinegar and lemon juice to make a salad dressing.
- Spread into a sandwich in place of high fat, no fibre, no protein mayo.
- Stir into an omelette for a flavour flair.
- Mix with grated cheese and marinated artichokes and warm as a bread spread.

The diet leader, no matter which study you read, is the Mediterranean diet and it indicates more beans, less meat and much more fibre. Here is your single-handed helper.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Wingmen for hire: Find love through fake friends

New-age dating solution. These shameless, selfless 'lovepreneurs' can help shy, undiscovered catches out there meet new people and form relationships

KIERON MONKS
Metro World News

Thomas Edwards, founder of The Professional Wingman, with a client. CONTRIBUTED

You're hot, funny and successful, but no one knows because you don't know how to meet people. Enter the wingmen: romantic fixers who play the role of best friend to get you started with the perfect partner.

"It's three things that make a wingman," says Thomas Edwards, 28, founder of U.S. firm The Professional Wingman.

"You have to be selfless enough to go to any lengths for a client, shameless enough not to worry about rejection, and you have to be able to make them seem amazing." For $125 an hour, Edwards and his team take clients to likely social venues and get them talking to desirable targets, before providing real-time feedback on how to improve their game.

"Whether clients are aged 21 or 63, there are behaviour patterns that stop them making connections. Our job is to break them down and build them up again — often their closest friends don't recognize them after." The "lovepreneur" started the business to get over his own heartache and has developed a stellar reputation, with many clients now married; Barack Obama is among his Twitter followers.

Edwards' business model has inspired similar companies across the world, including services for women and gay people. While online dating has become a multi-billion dollar industry, Edwards believes it benefits rather than competes with him.

The wingman's creed

"You have to be selfless enough to go to any lengths for a client, shameless enough not to worry about rejection, and you have to be able to make them seem amazing."

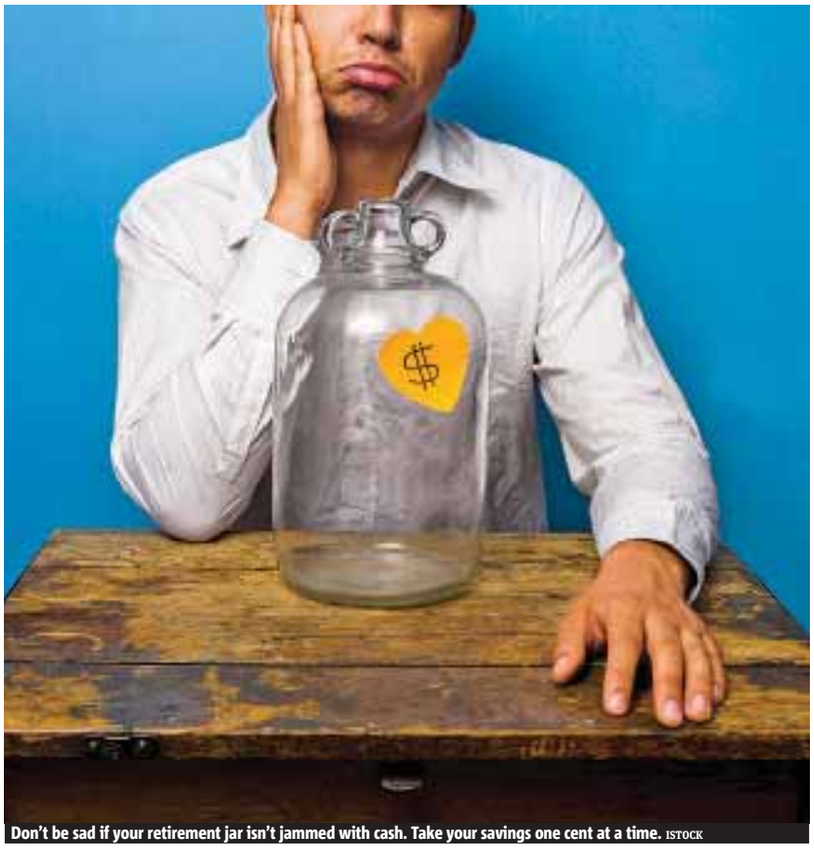
Thomas Edwards, the founder of U.S. firm The Professional Wingman
On what the job of a pro wingman entails

"It creates a need for skills like mine. If you don't talk to real people your personal skills start to atrophy."

The Positive Psychology Institute is convinced, reporting that wingmen "help to alleviate nerves or pressure … and give perspective on the date".

User reviews are also positive, with feedback thanking Edwards for "brilliant solutions" and "awesome advice."

It seems the wingmen will be flying high for a time yet — so don't be alarmed if one flies over during a romantic dinner.



Don't be sad if your retirement jar isn't jammed with cash. Take your savings one cent at a time. ISTOCK

Pause at the piggy bank: Slow but steady wins the race to retirement

A full wallet après-work. It may not be all be yachts and time-share, but there are ways to assure that you relax into retirement

JON STEIN
Metro World News

If your retirement account is more goose egg than nest egg, you're not alone — especially if you're in your 30s or 40s.

Between 2007 and 2010, Gen Xers lost nearly half their wealth — an average of $33,000 per household — according to a recent study from Pew Charitable Trusts. Ouch. Luckily, it's not too late to turn things around. Let's get started.

Don't think about saving

You may not be broke, but living in a major city will stretch most paychecks. So don't focus on spending less right now, but saving first. The best way to do that? Make it automatic. Behavioural finance research shows that if you set up a regular, automatic transfer to your savings or retirement account — or have your employer do it for you — you'll be amazed at how quickly your savings will add up.

Glad you're nodding! Now do something. Set a reminder on your calendar or phone (research shows these alerts help, too).

Be smart about where you save

If you have a pension plan or something similar at work, start saving here, no matter what. Save as much as you can, especially if your employer offers a match. If you don't have access through your employer — many people don't — you can open your own RRSP.

Take the long view

If investing your hard-earned money into stocks, bonds and mutual or index funds sounds scary, that's a natural fear.

- Here's what you need to look for: Low fees, index funds (which are also typically low- cost), and no "get-rich-quick" promises Above all, don't let uncertainty stop you from moving forward.

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*Based on $12,200 fixed rate loan at 8% per annum with a 26 month amortization. Savings example is calculated by consolidating credit card balances of $3200 @ 19% per annum with monthly payment of $150/month, and $1000 @ 25% per annum with monthly payment of $100 and loan of $8000 with 3 year term @ 9% per annum with monthly payment of $265/month. The interest rate is subject to change at any time without notice. The rate is used for illustrative purposes. Personal Lending products and residential mortgages are offered by Royal Bank of Canada and are subject to its standard lending criteria. ®/™ Trademark(s) of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada.

Rule ratification

Players OK changes to icing

Hybrid icing will be in effect for the start of the regular season after it was approved by the players.

The NHLPA gave the go-ahead for the rule change that makes icing a race to an imaginary line across the faceoff dots instead of the puck, which was given a trial run during the pre-season. The goal is to prevent serious injuries, like the one that sidelined Carolina Hurricanes defenceman Joni Pitkanen for the entire season.

THE CANADIAN PRESS

Pittsburgh down a pair

Pens to start minus Letang, Vokoun

The Pittsburgh Penguins placed defenceman Kris Letang and goalie Tomas Vokoun on the injured list and sent forward Beau Bennett to the minors on Monday.

Letang will be out at least until Friday with what coach Dan Bylsma called a lower-body injury. The Norris Trophy finalist went down in practice last Friday and was re-evaluated in Pittsburgh on Monday. Vokoun is out indefinitely due to blood clots discovered in his pelvic region two weeks ago. THE ASSOCIATED PRESS

Leafs finalize roster

Youngsters Rielly, Ashton crack roster

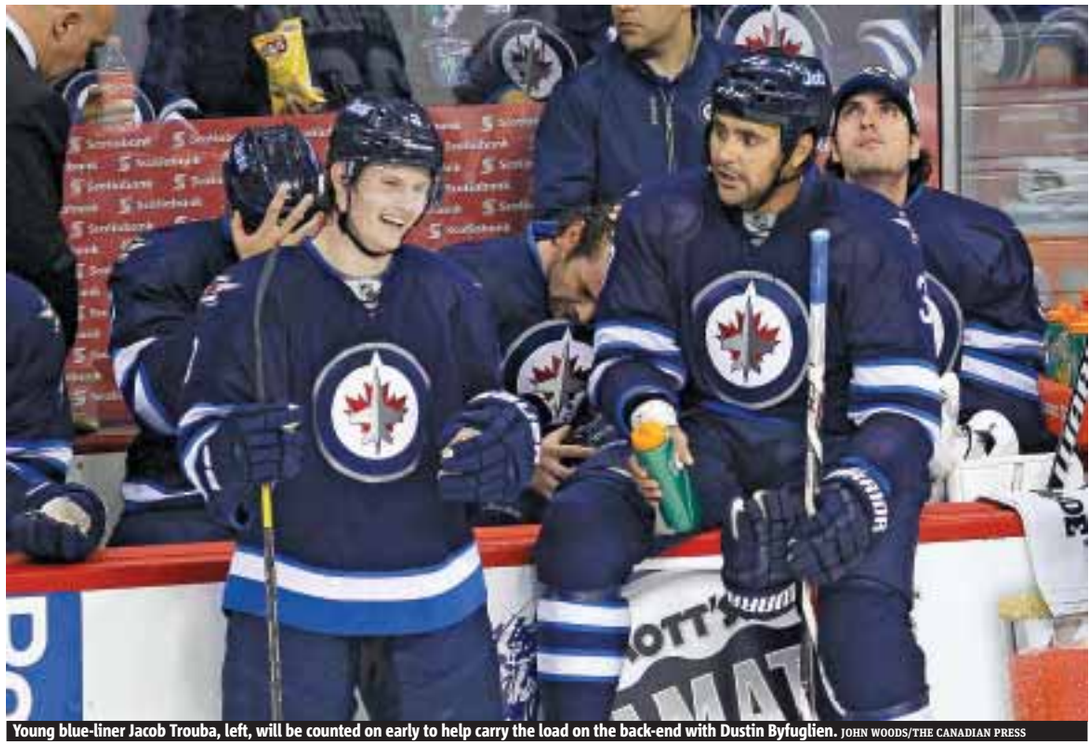
Morgan Rielly knew he made the Toronto Maple Leafs when he arrived at Air Canada Centre on Monday morning.

"All my hockey gear was here still," he said. "So it's a good feeling."

The 19-year-old defenceman impressed enough in training camp to earn a spot on the roster to start the season, along with 22-year-old winger Carter Ashton.

THE CANADIAN PRESS

Morgan Rielly will start the season with the Maple Leafs. TORSTAR NEWS SERVICE



Young blue-liner Jacob Trouba, left, will be counted on early to help carry the load on the back-end with Dustin Byfuglien. JOHN WOODS/THE CANADIAN PRESS

West success? Ladd has simple answer

NHL. Jets captain says club can't get too fancy after realignment

A realigned and highly competitive Central Division may cut travel time for the Winnipeg Jets, but it does little for their goal of making the playoffs.

The Jets (Atlanta Thrashers until 2011) haven't made the playoffs since 2007. They were swept in the first round of their one and only appearance.

They led the Southeast Division for a time last season but stumbled down the stretch as the Washington Capitals surged past and into the playoffs. Only the division leader qualified.

Three of the teams in their new division made the playoffs in 2013 and one — the Chicago Blackhawks — won the Stanley Cup.

How will the Jets cope with competition like that?

"Short answer, probably play simple hockey," says captain and last season's team scoring leader Andrew Ladd.

"I think a lot of times we get ourselves into trouble when we're trying to do too much offensively and make the extra play and it ends up turning and going the other way and we're playing defence the whole game."

Ladd says the Jets, still a relatively young team by comparison, do have speed.

"Right from the back-end up," he said. "I think when our D are getting involved in the play and helping us out, and we're using our speed to transition and get pucks deep and outwork teams, is when we're at our best."

Coach Claude Noel also likes the size and speed the Jets bring to their new conference, but says they have to get their goal differential down to succeed.

"I think that the Western Conference is a conference that's got size and speed ... I think for our team we've got size, we've got speed," he said.

"I think one of the areas we have to get better clearly is going to be our checking game. We have to get better at our goal differential. (It) has to really be on the right side of the ledger."

Last season, the Jets had a minus-16 goal differential. All 17 teams above them, with the exception of the Minnesota Wild (minus-5), were on the plus side or, at worst, even.

Other numbers were just as unflattering. Their power play was the worst in the league and their penalty killing was near the bottom as well.

Defence is clearly a priority for the Jets.

With Ron Hainsey gone, the Jets' top three blue-liners remain Dustin Byfuglien, Zack Bogosian and Tobias Enstrom.

Byfuglien reported to camp trimmer than he's looked in years. He has the power, size and shot to make a huge difference on both sides of the puck.

Ondrej Pavelec remains unchallenged as Winnipeg's starting netminder but his numbers also must improve for the Jets to become a playoff team and for that goal differential to change.

Pavelec saw a league-high 44 games last season but his goals-against average of 2.80 ranked him 52nd overall. He also allowed a league-high 119 goals. THE CANADIAN PRESS

Talent not everything

Simplifying and playing the right way is how you win hockey games, especially tight hockey games."

Jets captain Andrew Ladd

Uneven offence

The Jets desperately need another line to step up beyond the top trio of Andrew Ladd, Blake Wheeler and Bryan Little.

- The line scored more than one-third of all Winnipeg's goals and accumulated a combined 119 points, more than all the team's other forwards combined.
- They traded for right-wingers Michael Frolik and Devin Setoguchi in the off-season with hopes the pair will add offensive depth.

New wrinkle opens new can of worms

Realignment. Travel to become easier, but post-season odds and playoff format among new complexities

The Jets and the Blackhawks are switching places, but not all is so cut and dry with the realignment of divisions. GETTY IMAGES FILE

The Winnipeg Jets are in the Western Conference, the Detroit Red Wings and Columbus Blue Jackets are in the East and all is right with the NHL. Right?

Not quite. Realignment into four divisions — the eight-team Metropolitan and Atlantic in the East and the seven-team Central and Pacific in the West — will solve some travel problems, but also create more questions.

Uneven playoff odds between the conferences is where the debate starts. Buffalo Sabres forward Ville Leino and others have questioned whether having 16 teams for eight spots in the East is "really fair" compared to 14 teams for the same amount of playoff berths out West.

"It's going to be so many percentage points tougher for us to qualify for the playoffs, and every team on our side," Toronto Maple Leafs coach Randy Carlyle said. "(It) kind of makes you scratch your head over the course of the summer: 'Why is that happening in this side and not the other side?'"

The short answer is that teams in the Western Conference still have tougher travel than those in the East, something that could be argued as a trade-off for shorter playoff odds.

"Within your conference and your division, you're balanced against everybody else you're competing against," commissioner Gary Bettman said. "And, frankly, the addition of a team, seven versus eight, those aren't the teams that are really competing for the playoffs. It's really the top five or six teams that are doing it. I don't think it's a good idea for clubs to be using this as an excuse as to whether or not they make the playoffs."

But the balance isn't perfect. Teams play some division foes five times and others four times, and three games against conference rivals outside the division make for some uneven scheduling. For example, the Jets host the Kings twice and travel to Los Angeles once, while the Minnesota Wild have to play twice at Staples Center and get the Kings at home once.

One thing that is uniform is that every team will see every other team at least once at home and on the road. Players gave that change rave reviews.

"I think it's great for the fans, they get to see all the players," Edmonton Oilers forward Jordan Eberle said. "Maybe the Sidney Crosbys, the (Alex) Ovechkins, who were only there once every two years, now they get to see them every year."

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Playoff structure

The new playoff format puts a heavier emphasis on division play.

- The top three teams from each make the playoffs, plus two wild cards from each conference.
- Then, the playoffs happen within the divisions until four champions are crowned and move on to the conference finals. Of course it's possible that the Montreal Canadiens come out of the Metropolitan Division playoffs or the Vancouver Canucks out of the Central if they qualify as wild cards.

Central Division predictions

1. Chicago Blackhawks

Last season: 36-7-5, 77 points, 1st seed in West, won Stanley Cup.
How they make the playoffs: It's not "The Streak" Part 2, but everything goes according to plan. GM Stan Bowman works toward long-term contract extensions for Patrick Kane and captain Jonathan Toews, which are completed in the summer.
How they miss: Corey Crawford crumbles under higher expectations, and the dreaded Stanley Cup hangover costs the Blackhawks valuable points.

2. St. Louis Blues

Last season: 29-17-2, 60 points, 4th seed in West, lost in conference quarter-finals to Los Angeles.
How they make the playoffs: Brian Elliott and Jaroslav Halak find harmony as No. 1 and No. 1A goaltenders, and Ken Hitchcock continues to prove he's one of hockey's brightest coaches.
How they miss: Goaltending injuries and struggles thrust Jake Allen into the starting role, and the 23-year-old can't handle it.

3. Winnipeg Jets

Last season: 24-21-3, 51 points, 9th in East, missed playoffs by 4 points.
How they make the playoffs: It finally comes together for a young core led by Evander Kane and Andrew Ladd. Mark Scheifele and Jacob Trouba provide sparks.
How they miss: Much-maligned goaltender Ondrej Pavelec can't stop the puck. The Jets find out things are much harder in the Western Conference than in the Southeast Division.

4. Dallas Stars

Last season: 22-22-4, 48 points, 11th in West, missed playoffs by 7 points.
How they make the playoffs: GM Jim Nill's moves all come up gold, as Tyler Seguin blossoms into a No. 1 centre, and Sergei Gonchar provides veteran experience on the blue-line. Kari Lehtonen gets into the discussion among elite goaltenders.
How they miss: Distracted by his snub from Canadian Olympic camp, Jamie Benn struggles early, and the rest of the offence can't compensate.

5. Minnesota Wild

Last season: 26-19-3, 55 points, 8th seed in West, lost in conference quarter-finals to Chicago.
How they make the playoffs: Zach Parise and Ryan Suter are among the best players at their respective positions. Defenceman Jonas Brodin makes more noise in his second season, and goaltender Niklas Backstrom plays 50-plus games.
How they miss: Not enough talent behind Parise, Suter, Mikko Koivu and Brodin costs the Wild too many games.

6. Nashville Predators

Last season: 16-23-9, 41 points, 14th in West, missed playoffs by 14 points.
How they make the playoffs: Shea Weber and Seth Jones form the most formidable defensive pair since Zdeno Chara and Dennis Seidenberg. Pekka Rinne has a Vezina-calibre year.
How they miss: A lack of offence frustrates even defensive-minded coach Barry Trotz, who's forced to hand major minutes to too many bottom-six forwards.

7. Colorado Avalanche

Last season: 16-25-7, 39 points, 15th in West, missed playoffs by 16 points.
How they make the playoffs: In Nathan MacKinnon, Matt Duchene and Paul Stastny, the Avalanche boast strength down the middle that leads to immediate offensive improvement. Semyon Varlamov into a goaltending star.
How they miss: Varlamov continues his career trend of getting injured, hanging well-past-his-prime Jean-Sebastien Giguere out to dry behind a mediocre-at-best defence.

Sky-high expectations on Jets

THE HOCKEY NEWS
Rory Boylen
winnipeg@metronews.ca

Devin Setoguchi is being relied on to add scoring power to the Jets' second line. LIAM RICHARDS/THE CANADIAN PRESS FILE

This Winnipeg Jets season will have a different feel to it.

The move to the Western Conference will provide more looks at different teams. The new division will provide a new route into the playoffs. And the fact a number of core players are locked in for the next five years will lead to new expectations.

Not that the Jets have hit the peak of their potential with this roster yet — and potential is all this team has right now — but some movement in the right direction needs to be made. Winnipeg has had the playoffs in sight in both of its first two seasons, but the opportunity wilted away beneath two mid-size, late-season losing streaks they couldn't recover from.

The Jets have locked into a roster that hasn't accomplished anything yet, but have invested in what these players could eventually do. The top line can carry an increased load, if only it could get some help from the second line. The defence, flush with talent, can dominate, if only it could find consistency. The same can be said for Ondrej Pavelec, who will steal a game one night and be very average the next.

New pieces have been added to help alleviate these concerns. Devin Setoguchi comes with the hope he'll add enough scoring to the second line to make it a credible threat. Michael Frolik came in from the Stanley Cup champion Blackhawks to bring that experience, a penalty-killing presence and a reliable checker to help improve a third line that has so far stood as an example of this team's lack of depth. Hyped youngsters Mark Scheifele and Jacob Trouba will bring a rookie exuberance and their own top-flight potential; in short order they too will need to be solid secondary contributors for the Jets to be any different this year.

When we talk about the Jets we're always looking down the road to what this team should become with the core it has. But the transition from bubble team to Stanley Cup frontrunner won't happen at the flick of the switch. It'll be developed over time, overcoming and improving on past failures.

That's why this season has to be different. The honeymoon is over. It's time to get results.

Three Jets to watch

1 Mark Scheifele

He completely dominated the OHL last season, proving he had outgrown the junior game. The first-ever Jets draft pick comes with high expectations and the hope he'll overtake Olli Jokinen on the depth chart and take a run at the Calder.

2 Jacob Trouba

The top defenceman at the world junior championships last winter, Trouba brings a dynamic all-round game. As the ninth overall pick in 2012, he's expected to be a key part of the future, but it was a bit of a surprise just how good he was in the pre-season.

3 Evander Kane

If this guy ever becomes the superstar he should be, the Jets will have a difference-maker on their hands. Out of all the players Winnipeg needs to see more from, Kane is the most important since his ceiling is so high. He's shown elite tools and is tantalizingly close to putting it all together.

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Horoscopes

♈ Aries
March 21 - April 20
You could end up spending a small fortune today because you are looking for ways to cheer yourself up. Feeling good about yourself has nothing to do with money and everything to do with attitude.

♉ Taurus
April 21 - May 21
With Venus, your ruling planet, moving through your opposite sign of Scorpio, you don't need to force things today. You only need power of persuasion — sweet words will get you everything you need.

♊ Gemini
May 22 - June 21
There is no such thing as something for nothing and you will need to remind yourself of that several times today. Having said that, there are still a lot of generous souls out there.

♋ Cancer
June 22 - July 23
This is a fortunate time for you and you should milk it for all it is worth. Use your head today but listen to your heart as well. Get the balance right and you can do no wrong.

♌ Leo
July 24 - Aug. 23
If you need to make amends for something you did or said that you now regret, do it today. You don't have to make a big show of it but you do have to be sincere. Others will know if you don't mean it.

♍ Virgo
Aug. 24 - Sept. 23
You can do no wrong and even your bitterest rivals want to see you do well. Can you believe that? You should, because it's true. Everything will go right for you today — enjoy it.

♎ Libra
Sept. 24 - Oct. 23
You are in a generous mood, which is nice. But it could also be dangerous if you give to those who don't really deserve it. Make sure your largesse goes to the right people.

♏ Scorpio
Oct. 24 - Nov. 22
The decisions you make over the next 24 hours will cause ripples, small ones that then spread out and have consequences far and wide. Make it your aim to change your world, for the better.

♐ Sagittarius
Nov. 23 - Dec. 21
Sudden events will force you to change direction maybe several times over the next few days. Being an adventurous Sag, you enjoy change so don't be fazed — be delighted!

♑ Capricorn
Dec. 22 - Jan. 20
You may not approve of what a friend is trying to do but it is not your business to tell them it isn't allowed. Everyone has freedom of choice and you must respect that.

♒ Aquarius
Jan. 21 - Feb. 19
Someone important is looking at you and and clearly like what they see. They will like it even more if you are modest and don't make a big noise about your success. How likely is that?

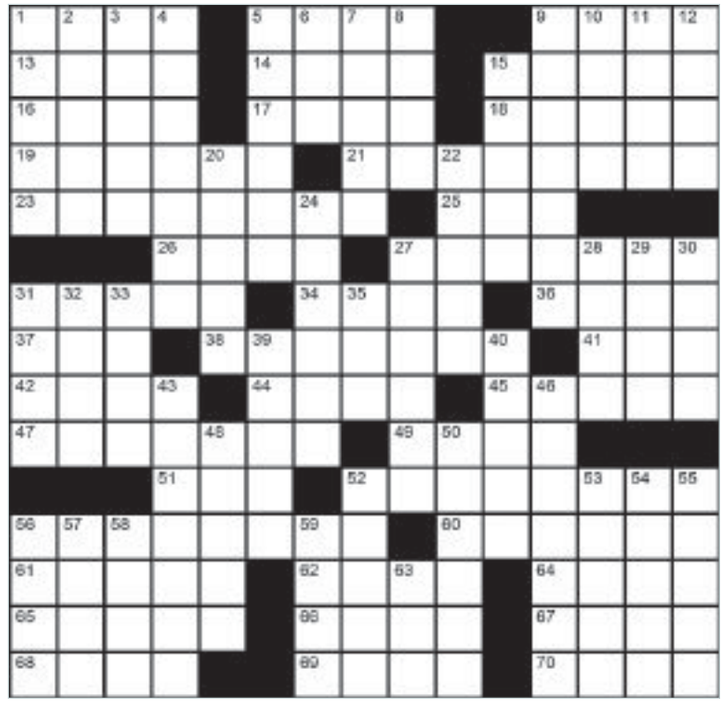
♓ Pisces
Feb. 20 - March 20
Save your energy for the things that really matter. What are they? They are the things that give your life meaning. Success is important, of course, but don't neglect your "spiritual" side. Aim to be a better person.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

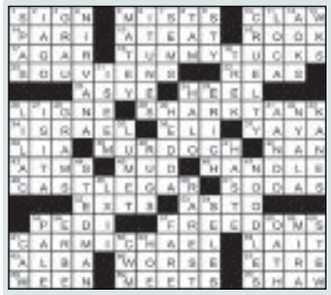
BY KELLY ANN BUCHANAN



Across
1. Shortened sandwiches
5. Ticket tidbit
9. Thickening gum
13. Handled easily, as a ship
14. Hair hues, sometimes
15. Health: French
16. Nameless [abbr.]
17. Joke reaction
18. Gladiator's 2003
19. Edmonton-born hockey star Jarome
21. Reigning without losses
23. __ In Motion (BlackBerry, once)
25. Vodka, e.g.
26. Waiter's prop
27. Nigel of TV talent
31. The Divine Comedy writer
34. Actor, Scott __
36. Garner
37. 'Advert' suffix
38. Get supplies: 2 wds.
41. "The Hunt for __ October" (1990)
42. Saturate
44. "The '__ 'e knows above a bit, the bullock's but a fool..." - Rudyard Kipling
45. Chasm
47. Popular sport
49. Unaccompanied
51. UK record label
52. New Brunswick attraction, __ Rocks
56. Luxury 'house' of France
60. The Merchant of Venice character
61. __ acid
62. Dog, with Lhasa
64. Composer Mr. Berlin, et al.
65. Badger
66. Soaks flax
67. Night: French
68. Classic record label
69. Sister on "Charmed"
70. Mil. titles

Down
1. Way to travel: 2 wds.
2. Actress Jessica
3. Three: French
4. Mack __ (Canadian filmmaker known for his Keystone Kops movies)
5. Big desert
6. Travel screening gr.
7. "Yup."
8. "Touched __ Angel": 2 wds.
9. Central character in Louise Penny's Quebec-set mystery novels, Chief Inspector Armand __
10. Portion
11. End in __ (Draw): 2 wds.
12. Harness
15. Extract metal from ore
20. Guardians in ancient Rome
22. CCR's "Born on the __"
24. Robotically-enhanced Sci-Fi human
27. "It's done this way...": 2 wds.
28. Jackson 5 hometown in Indiana
29. Mining discoveries
30. Breaks off
31. 'D' of CD, variantly
32. Not worth __ (Without value)
33. Close
35. House-coolers in windows, briefly
39. Music chord type
40. Archaeology-style of prefix
43. Tissues brand
46. Canadian retailer, established in 1811 in Newfoundland
48. 1986 Tony-winning Best Play, __ Rappaport: 2 wds.
50. Fight
52. Overly active
53. "The _! __ Hollywood Story"
54. "__' on a Prayer" by Bon Jovi
55. Holds up
56. Schmoozes
57. "How _ __ Your Mother"
58. Traveller's documentation
59. Large instrument
63. Alphabetic trio

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

7			3		8			
1	8						3	4
	9			6		7		
	4		8	7				6
		7				2		
2				5	9		4	
		8		4			7	
6	5						9	3
			9		6			2

Yesterday's Sudoku

5	7	3	8	6	1	4	9	2
6	9	4	7	2	3	8	1	5
2	8	1	5	4	9	7	3	6
7	3	5	4	1	6	9	2	8
8	1	6	9	7	2	5	4	3
4	2	9	3	5	8	1	6	7
9	4	8	6	3	7	2	5	1
3	5	2	1	8	4	6	7	9
1	6	7	2	9	5	3	8	4

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For a complete listing of our 75th anniversary events, visit **rrc.ca/75years**

Your commitment to the College – set in stone!

CELEBRATING 75 YEARS
RED RIVER COLLEGE